

THE 3 WAYS TO WORK WITH EMOTIONS

With Wise Mind We Can Productively Process Emotions



DEPRESSING EMOTIONS

- Denying your feelings by ignoring them or gaslighting yourself
- Shaming ("shoulding") feelings / perceptions as if there is a right or wrong way to feel
- Attempts to numb your reality (your feelings) with depressants like alcohol and substances
- Allowing others to mistreat you or violate your boundaries (intentionally or not) by making excuses for them or placating
- Continuously depress feelings, wants and needs causing depression, resentment and low self-worth



PROCESSING EMOTIONS

- Taking 100% responsibility for your feelings, perceptions, opinions and beliefs
- Take time to consciously connect (Wise Mind) with your emotions to understand your authentic needs, wants and limits
- Balanced, conscious boundaries (choosing what, when and whom you share your feelings, beliefs, opinions, etc.)
- Communicate your wants and needs with boundaries and respect to experience genuine self-worth



EXPRESSING EMOTIONS

- Blaming your feelings on others by reacting and expressing them outwardly
- Attempting to 'rid of' feelings by saying them outloud, "I am mad at you" "You're mean."
- Outwardly blaming emotions on others, "You hurt me" or "You stress me out."
- Trying to force others understand why you feel the way you do as if that is helpful
- Results in conflict
- Boundary-less expression of feelings, perceptions, opinions and beliefs